

Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Special Nutritionals

ARMS#

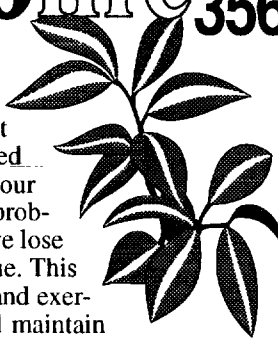
13044



2 - LABEL SAMPLE

**000001**

# Metabolife<sup>TM</sup> 356



Many of us have dieted to achieve our weight loss goals. This usually makes us feel hungry, tired & sluggish. Most of us give in before we attain our desired weight level. In general, when we diet, our fat and caloric intake are reduced. The problem with dieting alone is not only do we lose fat, but we also lose lean, muscle tissue. This is not healthy or desirable. If we diet and exercise properly we seem to lose fat and maintain lean muscle.

With Metabolife 356<sup>TM</sup>, being thin and healthy has become an attainable goal for many. Science has shown that thinner people tend to be healthier and live longer. In many cases being overweight is not just a case of lacking willpower, but a matter of genetics & unconscious programming. Because weight loss has become big business, many companies are coming out with products which they claim are the solution. Many of these companies have done little or no research. This is where Metabolife<sup>TM</sup> soars high, standing above others. Metabolife 356<sup>TM</sup> has not been designed based on speculation or target marketing. Metabolife 356<sup>TM</sup> has been formulated and optimized based on research and safety testing. Metabolife 356<sup>TM</sup> is made from only the finest all-natural ingredients at their Government registered and inspected facility in the US. The active ingredients in Metabolife 356<sup>TM</sup> have been independently safety tested\* by two certified and inspected laboratories which concluded the ingredients to be unharmed.\*\* When taking a dietary supplement, safety should be your first concern.

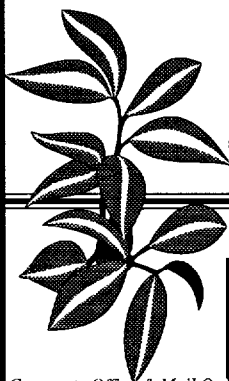
Metabolife 356<sup>TM</sup> was formulated to raise the metabolism and create a thermogenic response. This in turn burns fat, not lean muscle. Because of the precise blending of herbs & other nutrients, you will immediately realize greater energy levels. This is in sharp contrast to the sluggish feeling many dieters get when starving themselves. Metabolife 356<sup>TM</sup> is also formulated with chromium picolinate which is proven to burn fat and decrease appetite without additional effort. Many of our customers stop snacking, impulse eating & eat smaller portions at mealtime.

Metabolife 356<sup>TM</sup> is produced with the values of SAFETY & QUALITY in mind. The result -- The FINEST supplement available for your diet. Once you try Metabolife 356<sup>TM</sup> we're sure it will become your dietary supplement of choice.

We are so confident that you'll be 100% satisfied with your Metabolife 356<sup>TM</sup>, that we offer a money back guarantee. If you are not satisfied with your purchase, simply return the bottle with your receipt within 30 days of original purchase to receive a full refund. Please read the entire label before taking the product and see for yourself how wonderful Metabolife 356<sup>TM</sup> truly is.

\* All safety studies are kept on file. The study protocols were designed and reviewed by a U.S. Board certified physician and toxicologist, as well as laboratory and regulatory scientists. All studies were reviewed by an independent M.D., Ph.D., U.S. Board certified physician, pharmacologist and toxicologist.

\*\* When used as directed and consumer reads and observes all cautions.



Metabolife<sup>TM</sup> Distributor



Corporate Office & Mail Order Center - (888) 593-DIET

000002

collected 11/02/98  
RDP:atn

# Metabolife<sup>TM</sup> 356

Many of us have dieted to achieve our weight loss goals. This usually makes us feel hungry, tired & sluggish. Most of us give in before we attain our desired weight level. In general, when we diet, our fat and caloric intake are reduced. The problem with dieting alone is not only do we lose fat, but we also lose lean, muscle tissue. This is not healthy or desirable. If we diet and exercise properly we seem to lose fat and maintain lean muscle.

With Metabolife 356<sup>TM</sup>, being thin and healthy has become an attainable goal for many. Science has shown that thinner people tend to be healthier and live longer. In many cases being overweight is not just a case of lacking willpower, but a matter of genetics & unconscious programming. Because weight loss has become big business, many companies are coming out with products which they claim are the solution. Many of these companies have done little or no research. This is where Metabolife<sup>TM</sup> soars high, standing above others. Metabolife 356<sup>TM</sup> has not been designed based on speculation or target marketing. Metabolife 356<sup>TM</sup> has been formulated and optimized based on research and safety testing. Metabolife 356<sup>TM</sup> is made from only the finest all-natural ingredients at their Government registered and inspected facility in the US. The active ingredients in Metabolife 356<sup>TM</sup> have been independently safety tested\* by two certified and inspected laboratories which concluded the ingredients to be unharmed.\*\* When taking a dietary supplement, safety should be your first concern.

Metabolife 356<sup>TM</sup> was formulated to raise the metabolism and create a thermogenic response. This in turn burns fat, not lean muscle. Because of the precise blending of herbs & other nutrients, you will immediately realize greater energy levels. This is in sharp contrast to the sluggish feeling many dieters get when starving themselves. Metabolife 356<sup>TM</sup> is also formulated with chromium picolinate which is proven to burn fat and decrease appetite without additional effort. Many of our customers stop snacking, impulse eating & eat smaller portions at mealtime.

Metabolife 356<sup>TM</sup> is produced with the values of SAFETY & QUALITY in mind. The result -- The FINEST supplement available for your diet. Once you try Metabolife 356<sup>TM</sup> we're sure it will become your dietary supplement of choice.

We are so confident that you'll be 100% satisfied with your Metabolife 356<sup>TM</sup>, that we offer a money back guarantee. If you are not satisfied with your purchase, simply return the bottle with your receipt within 30 days of original purchase to receive a full refund. Please read the entire label before taking the product and see for yourself how wonderful Metabolife 356<sup>TM</sup> truly is.

\* All safety studies are kept on file. The study protocols were designed and reviewed by a U.S. Board certified physician and toxicologist, as well as laboratory and regulatory scientists. All studies were reviewed by an independent M.D., Ph.D., U.S. Board certified physician, pharmacologist and toxicologist.

\*\* When used as directed and consumer reads and observes all cautions.

Metabolife<sup>TM</sup> Distributor

Corporate Office & Mail Order Center - (888) 593-DIET

# Metabolife<sup>TM</sup> 356

Metabolife<sup>TM</sup> 356 consists of only the finest all-natural herbs gathered from over 12 countries of the world. All Metabolife International, Inc. products are manufactured in the United States at their Government registered and inspected facility. Every Metabolife<sup>TM</sup> product meets the highest standards in the industry and Metabolife International is recognized as a leader in quality. Metabolife<sup>TM</sup> 356 is the only herbal product to achieve the ACERIS Quality Assurance Seal and surpass regulatory requirements.

Metabolife<sup>TM</sup> 356 is the only medically proven safe\* dietary supplement of its kind on the market today. Metabolife<sup>TM</sup> 356's safety studies were performed at two independent, board certified laboratories under the supervision of a Board Certified M.D., Ph.D., Pharmacologist, Toxicologist, and the former president of the American Board of Toxicology. All laboratory scientists conducting these studies were Board Certified Toxicologists and Pharmacologists.

The following suggested usage was established based on postmarket surveys and medical safety studies. As with any dietary supplement, read all cautions and directions before taking. If you have any medical condition indicated on the caution panel of the Metabolife<sup>TM</sup> 356 label, or are taking any prescription drug, seek advice from a health care practitioner prior to taking.

#### SUGGESTED USE:

Metabolife 356<sup>TM</sup> should be taken on an empty stomach one hour prior to eating. Metabolife 356<sup>TM</sup> works on a 4 hour cycle when taken for weight loss. To insure the best performance with respect to increasing your thermogenic response, take dosages at 4 hour intervals. Adults, start with (1) caplet three times daily. After one week at this dosage, if you are not overly sensitive to the product, increase your dosage to the following weight specific dosage:

- (1) caplet for 120 lbs starting weight, 3 times daily
- (1-1/2) caplets for 155 lbs starting weight, 3 times daily
- (2) caplets for 190 lbs or plus starting weight, 3 times daily

You will notice that the Metabolife 356<sup>TM</sup> caplets are scored to allow for 1/2 dosage increments. Although the above dosages have been determined for the average person, each person is different and your personal dosage may vary. Adjust your dosages accordingly, but in no event exceed the maximum dosage indicated on the bottle's label unless directed to do so by a health care professional. Metabolife 356<sup>TM</sup> is not intended for use by persons under the age of 18 years without the supervision of a parent or health care practitioner.

In approximately one hour, you should experience an increase in energy and a curbing of your appetite. If you do not experience this effect, **do not take more Metabolife 356<sup>TM</sup>** until the second indicated dosage time. If necessary, on your next dosage, increase until you experience the feeling of being energized and a curbing of your appetite. In no event exceed the maximum dosage unless directed to by a health care professional.

When taking Metabolife 356<sup>TM</sup> you will notice the absence of hunger. **DO NOT SKIP MEALS.** Metabolife 356<sup>TM</sup> was designed to work better when you eat. You will notice that you will eat less and have more energy. You will discover the need to drink more fluids. This is completely normal; several of the herbs in Metabolife 356<sup>TM</sup> are diuretic by nature, so drink more fluids.

If you are taking Metabolife 356<sup>TM</sup> for energy and do not wish to lose weight, take only one dosage per day, but again, do not exceed the maximum dosage. Metabolife 356<sup>TM</sup> is intended as a dietary supplement and should never be abused. Please follow the label's suggested use and cautions.

\*When used as directed and the consumer reads and observes all cautions. The naturally occurring ephedrine in four Metabolife 356<sup>TM</sup> caplets is equivalent to one extra-strength, over-the-counter, 50mg ephedrine cold tablet.

Metabolife<sup>TM</sup> Distributor

000003

Corporate Office & Mail Order Center - (888) 593-DIET

collected 11/02/98 RDB